**[VCE Physical Education - energy systems part 1](http://www.vcehelp.com.au/vce-pe-energy-systems-76/" \o "Permanent Link to VCE Physical Education - energy systems part 1)**

By [Access Education](http://www.vcehelp.com.au/author/access-education/) on Mar 13, 2008 in [VCE Physical Education](http://www.vcehelp.com.au/category/vce-physical-education/), [VCE Resources](http://www.vcehelp.com.au/category/vce-resources/)

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Welcome to Physical Education – a great and relevant study. You are about to venture into what is an extremely important year and right now it may appear somewhat daunting. Organisation is a crucial aspect of success at this level and something you need to be aware of immediately. If you fall behind in the organisation of your work, ‘catching up’ can result in unnecessary stress which can impact on other areas of your life. Students often state “they have heard all this before” but often the real significance does become apparent until it is too late. So many students in September say; “if only I knew then what I know now”.

Organisation starts NOW and includes the following to ensure the year travels smoothly…

\* Develop a study time table and stick to it  
\* Set up your own study area and use  
\* Organise your notes from day one  
\* Prepare summaries, concept maps etc  
\* Practice recall

In physical education, it is vital that you are able to apply your knowledge rather than simply regurgitate information. For that reason, constant practice at revision questions etc are essential to improve your ability to apply your knowledge.

Depending on how your teacher organises Unit 3 content, it is likely you will commence studying outcome 1 which deals with participation in physical activity and the National Physical Activity Guidelines. This aspect of the Physical Education course was introduced in 2006. It is an area of study significant to the health and lifestyle patterns of today’s society. This area of study is not difficult in content but must be fully understood and applied to a variety of situations.

**The energy systems**

Some teachers may elect to commence with outcome two which explores energy systems, fatigue and recovery. This outcome is extremely important as a thorough understanding of this topic is necessary since it underpins an understanding of much of the content of unit 4. You may find this area of study more difficult than others and you must ensure you do not fall behind when studying this outcome.

Energy systems deal with how we are able to supply energy to complete various physical activities. The muscles of the body use ATP (Adenosinetriphosphate) in order to contract and enable us to maintain a level of performance depending on the activity. However, we do not have a never ending supply of ATP and our body must continue to resynthesise ATP if we are to continue performance at certain intensity. For example, an athlete cannot maintain the speed/intensity of a 100m sprint because they are unable to resynthesise ATP at such a rapid rate for long periods.